

Red Deer Lacrosse Association Regulations

(Updated September 29, 2011)

REGULATION 1 - MEMBERSHIP

- 1.01** If any Executive Committee Member misses 2 meetings in a row a letter will go out requesting intent. If a 3rd meeting is missed, that position will become available to new members.

REGULATION 2 - MEMBER RESPONSIBILITY

- 2.01** Members shall be responsible to ensure that their players are eligible to play for their team in accordance with RDLA, CALL, ALA and CLA Bylaws, Regulations and Rules.

- 2.02** An ineligible player includes the following:
- (a) A player improperly registered within the RDLA, CALL, ALA and CLA Bylaws, Rules and Regulations;
 - (b) A suspended player or team personnel;
 - (c) A player improperly released in accordance with the RDLA, CALL, ALA, and CLA Bylaws and Regulations.

- 2.03** If anyone participates in a game or if his or her name appears on the game sheet while ineligible, the persons responsible be subject to immediate discipline and the team shall forfeit any points earned from any games played using an ineligible person.

- 2.04** In any disciplinary proceeding arising out of a violation of this regulation, where it is established that the person or member who or which is the subject matter of the discipline proceedings should have known of the ineligibility of the player, and if in defense of the disciplinary action, it is submitted that the ineligibility was not known, the burden of proving the lack of knowledge is on the party who is the subject of the disciplinary proceeding.

- 2.05** RDLA Suspension Guidelines in accordance with CALL guidelines, and additional to ALA and CLA guidelines.

- Fighting - 1st fight of the season - Player is subject to ALA and CLA suspension guidelines.
- 2nd fight of the season - Player is subject to ALA and CLA suspension guidelines plus one (1) extra game suspension.
- 3rd fight of the season - Player is subject to ALA and CLA suspension guidelines plus suspension until both the player and coach appear before the League Discipline Committee.
- Coach Game Misconduct - 1st Offence of the season - Suspension as per ALA and CLA suspension guidelines.

2nd Offence of the season - Suspended indefinitely. Must appear before the CALL Discipline Committee.

2.06 Current suspensions will be compiled by the Referee-In-Chief and published on the RDLA and CALL websites, and updated as needed.

2.07 Hazing/Initiation/Bullying - All player hazing, initiation and bullying actions are strictly forbidden. Upon receiving a report of such actions, any player or players alleged to have perpetrated them will automatically be suspended by the RDLA from participating in all team functions until a hearing can be convened by the RDLA Discipline Chair (must take place within one week of the alleged incident). The hearing is necessary to review the result of any investigation into the incident that may be required, and any actions/decisions made by the hearing committee are final and not open to appeal.

REGULATION 3 – NON-VOTING BOARD MEMBERS

3.01 Non-voting RDLA Board Members- Certain non-voting positions on the RDLA Board may be appointed from time-to-time as the need arises. As it stands there are four non-voting positions sitting as Board members on behalf of RDLA.

1. Promotions Chair
2. Scheduler/Statistician
3. Casino Chair
4. Sponsorship Chair

Each of these positions carries responsibilities as set forth by the Executive members of the RDLA Board.

3.02 Division Representatives- Each playing division within RDLA shall be represented by at least one Division Representative (DR). The DR(S) are non-voting members who may be called to attend Executive Board meetings from time-to-time as directed by the Executive Board.

REGULATION 4 – REGISTRATION

4.01 Once registered, no refunds will be provided to players who choose to quit playing lacrosse within the RDLA. Concessions may be made in certain circumstances through a review conducted by appointed members of the RDLA Executive Board. Each of these special cases is to be reviewed separately, and no appeal process will be provided once a final decision is made by the Board.

Refund Policy for Winter Box Lacrosse: **NO REFUNDS AFTER NOVEMBER 30th. Players who withdraw prior to October 31th will be refunded all fees paid less an administrative fee of \$25.00. Players who

withdraw prior to November 30th may receive partial refund at the discretion of the executive board.

- 4.02**
- (a) Deadline for player registrations is Feb. 21.
 - (b) A team cannot register more the twenty-five (25) players.
 - (c) A team cannot register less than twelve (12) players, subject to approval by the RDLA Executive Committee.

REGULATION 5 - RULES OF PLAY

5.01 Rules of play shall be those of the ALA Lacrosse Rules for the current season, with the exception of modified CALL Regulations and/or Rules as adopted by the Association.

5.02 When there is a 10 goal difference at the halfway point of the game, the coach of the trailing team has the option to request the teams swap players or goalies. The game will be awarded to the team with the lead and the score at that time will be recorded on the game sheet. Penalties will still be recorded and players are subject to the rules and any suspensions that may occur during the remainder of the game.

REGULATION 6 - TOURNAMENTS

6.01 No player or team registered with the RDLA shall compete in any tournament in Alberta unless that tournament has been sanctioned by the ALA.

REGULATION 7 - COMPETITION

7.01 The CALL may conduct competitions in Box Lacrosse in the following Divisions or Categories:

- (a) Midget is open to players who are under 17 years of age on December 31 in the year which they wish to compete.
- (b) Bantam is open to players who are under 15 years of age on December 31 in the year which they wish to compete.
- (c) Peewee is open to players who are under 13 years of age on December 31 in the year which they wish to compete.
- (d) Novice is open to players who are under 11 years of age on December 31 in the year which they wish to compete.
- (e) Tyke is open to players who are under 9 years of age on December 31 in the year which they wish to compete. Tyke play shall concentrate on the development of players' skills and sportsmanship and shall be non-competitive.
- (f) Mini Tyke is open to players who are under 7 years of age on December 31 in the year which they wish to compete. Mini tyke play shall be non- competitive.

7.02 Any exception to this regulation must be submitted for approval to the RDLA Executive Board prior to April 15 of that playing season.

REGULATION 8 - BOX LACROSSE PARITY

8.01 In Box Lacrosse, where the RDLA has more than one (1) team in a Division, we shall take reasonable steps to ensure that the teams are composed so that there is reasonable parity between the said teams. If this Regulation is breached within any division, then the RDLA shall direct division to take such steps as are deemed necessary to achieve reasonable parity.

8.02 Any complaints about parity shall be directed to the President of RDLA who shall form an ad-hoc committee to deal with the issue of parity with no member sitting on the ad-hoc committee belonging to the division involved, which said Committee shall, after considering submissions from the parties involved make a ruling and, in the event that the ruling is that Regulation 7.01 has been breached, make such direction to the division as necessary. The decision of the Committee is final and binding upon the division, teams and players and no appeal process will be allowed.

REGULATION 9- PLAYING IN A HIGHER DIVISION

9.01 Players may play a maximum of four (4) games in a season in a higher division (which includes regular, CALL Championship Tournament, and ALA Provincial Tournament games, but not exhibition or other Tournament games). However, a player may play an unlimited number of games in a higher division once his/her team in his/her own division has concluded its regular season, CALL Championship Tournament, and ALA Provincial Tournament games. The RDLA Executive Committee may make exceptions to this rule provided there is compliance with ALA rules and provided that those players register with a Team in their age division and, in cases of conflict between the Team in the higher division and the Team in the player's own age division in regard to practices and games, that player, shall, unless excused by the coach of the latter team, be required to participate in the latter team's practice or game.

9.02 As a result of the LTAD modified rules for Mini-Tyke and Tyke play, from time to time it may be necessary for a Mini-Tyke player to play in the Tyke Division if said player's skills are advanced to the point that his/her dominance damages the playing experience of his/her teammates and opponents. The decision to allow a Mini-Tyke player to move up to the Tyke Division is the sole responsibility of the President & Coaching Chair in consultation with the Mini-Tyke coach/es.

9.03 There shall be no right of appeal from the decision of the CALL Executive Committee under this Regulation.

9.04 Each "A" level team at Peewee, Bantam and Midget divisions within RDLA will be allowed to use up to 4 roster spots for import players with CALL. These Roster Spots are subject to all the conditions set forth regarding the release of import players and providing that the import player has attended try-out camp and has been selected to the team.

REGULATION 10 – TRAVEL

10.01 Teams traveling outside of the ALA boundaries must obtain a Travel Permit from the Chair of the Tournaments, Provincial and National Competition Committee and the ALA.

REGULATION 11 - RDLA SAFETY AND EQUIPMENT

11.01 SAFETY POLICY - The fundamental concepts of the safety policy are to establish a standard of care intended to reduce the risk of injury from contact which is inherent in and incidental to the sport, and to identify the responsibilities of the various participants.

11.02 GENERAL - Player safety and the use of proper equipment is the responsibility of many parties including:

- (a) Players and parents of minor players (17 years of age and under as of January 1 of the current year) are responsible for providing and maintaining proper equipment;
- (b) Coaches, trainers and team personnel are responsible for inspecting player's equipment and preventing the use of improper equipment;
- (c) Game officials are responsible for enforcing the rules of the game;
- (d) All players are required to wear protective equipment as described and/or limited in the rules of play approved by the ALA and CLA;
- (e) In Box Lacrosse, the use and/or prohibition on the use of protective equipment shall be as published by the ALA and CLA in the Rules of Box Lacrosse
- (f) Equipment shall be manufactured by a professional manufacturer and shall not be altered in any way which will decrease the protection to the player, increase the risk of injury to an opponent or void the manufacturer's warranty;
- (g) Any equipment which violates this policy and/or the rules of play will be removed from the game and, where required, appropriate penalties will be given;
- (h) Where equipment dangerous to an opponent has been used, the game officials shall report the occurrence, via the standard incident report, to the appropriate governing body.
- (i) No modifications to the basket of a player's stick are permitted. Acceptable stick modifications include changing the length of shaft, shooting string positioning and netting adjustment.

11.03 EQUIPMENT - For up to date regulations regarding required and recommended equipment, refer to the CLA Operations Manual.

REGULATION 12- COACHING CERTIFICATION REQUIREMENTS

12.01 Each team shall follow guidelines as stated in Appendix 1, "CLA Minimum Standards for Box Lacrosse Coaches"

REGULATION 13 - MISSION/VISION/MOTTO STATEMENTS

13.01 Mission:

The mission statement of the Red Deer Lacrosse Association is to:

-Be the premier resource center for the sport of minor box lacrosse in Central coaching, team-building, player development and respect within the sport.

Vision:

-A safe, fair and respectful lacrosse environment that encourages and within the sport of lacrosse. Motto:

The motto of the Red Deer Lacrosse Association is:

-Active Participation; Positive Effort; Optimal Performance

REGULATION 14 - MEETINGS AND EXPENSES

14.01 (a) The payment of expenses for attendance at meetings will be limited to those approved by the RDLA Executive Board on the approved scale for transportation, meals and per diem allowance as outlined in this section.

(b) Members of the RDLA Executive Board shall be entitled to claim expenses:

- for attendance at all related official meetings of the Association as approved by the RDLA Executive Board
- for costs incurred in the legitimate performance of their duties as budgeted

• Provided the approved RDLA reimbursement form is completed and approved by the RDLA President and Treasurer. (see Appendix 2)

(c) Members of the Board shall only be eligible to claim expenses for attendance at legitimate gatherings designed to further the sport of lacrosse, and that have been pre- approved by the RDLA Executive Board, such as the ALA Planning Meeting/Banquet and the Annual General Meeting.

(d) An individual may serve in the dual capacity of Member of the ALA Board of Directors and delegate for our Local Governing Body or Club. In such case the expenses will be shared 50/50 between the ALA and the RDLA.

(f) When attending the ALA Planning meeting and Banquet, each Board Member will receive one ticket and one additional ticket, paid by the ALA.

(g) Disagreements on expense claims will be dealt with by the RDLA President and the Treasurer in the first instance, and if irresolvable, by the RDLA Executive.

Expense Claim Information:

**All receipts must be attached EXCEPT for those as indicated on reverse*

Travel:

Private Vehicle km _____ @ \$.52 (see mileage chart) = \$ _____
Air / Bus travel = \$ _____
Taxi/Shuttle Bus = \$ _____
Parking = \$ _____

Accommodation:
Hotel/ Motel = \$ _____

Meals:
Breakfasts: _____ @ 10.00 = \$ _____
Lunches: _____ @ \$15.00 = \$ _____
Dinners: _____ @ \$20.00 = \$ _____
Total Meals: \$ _____

Incidentals:
Registration Fee= \$ _____
Airport Improvement Fee= \$ _____
Other (provide details)= \$ _____

Total Amount Owing= \$ _____

I hereby certify that these expenses were incurred on RDLA Executive business and that amounts claimed have not previously been paid to me or on my behalf.

Signature

*THIS IS REQUIRED INFORMATION. CLAIM FORMS WITH MISSING INFORMATION WILL BE RETURNED FOR COMPLETION.

Name: _____

Address: _____ Postal Code: _____

Payment for Attendance at: _____

Location (city): _____

Depart Date: _____ Time: _____ : _____

Return Date: _____ Time: _____ : _____

EXPENSE CLAIM GUIDELINES

Personal Information:

If this information is missing, your Expense Claim will be returned to you for completion.

- Your HOME address and postal code

- Departure Date & Time
- Date AND time you left home or office MUST BE FILLED IN
- Return Date and Time MUST BE FILLED IN

Note: All items paid in foreign funds must include the exchange rate information for the day of the expense. (i.e. personal cheques paid to register at a US conference must include the exchange rate paid the day the cheque was cashed)

Travel:

Private Vehicle km Rate is \$0.52/km – No receipt required

Air/Bus Receipt required and must show price of fare and applicable taxes- Receipt required

Accommodation:

Hotel receipts must be attached and show a \$0.00 balance. Only room and applicable taxes will be reimbursed- Receipt required

Meals (including tips):

Breakfast \$10.00 if you depart earlier than or return later than 7:30 am

Lunch \$15.00 if you depart earlier than or return later than 1:00 pm

Dinner \$20.00 if you depart earlier than or return later than 6:30 pm

Other Expenses:

Parking- No maximum- Receipt required

Registration Fee- Receipt required... Only include this amount if you personally are requiring reimbursement. Do NOT include registration amounts paid through RDLA on your behalf. Taxi - To a maximum of \$8.00 without receipt

Shuttle Service- Receipt required

Airport Improvement Fee- Receipt required

Signature/Date:

* Please sign and date your claim before you submit for approval by the RDLA President.*

NOTE: These Guidelines apply to any RDLA Executive Board member who is submitting an expense claim to the Red Deer Lacrosse Association for reimbursement.

Return Mileage from Red Deer to the following locations:

Airdrie 251

Banff 557

Calgary 319

Camrose 284

Canmore 506
Cochrane 341
Drumheller 330
Edmonton 326
Hobbema 161
Innisfail 66
Jasper 909
Kananaskis 451 Via highways 2, 2, 22, 1A Lacombe 48 Via highway 2A
Lake Louise 669 Leduc/Nisku 264 Lethbridge 792 Medicine Hat 900 Olds 132
Ponoka 119
Rocky Mountain House 176 Sherwood Park 376
Spruce Grove 330
St. Albert 370
Stettler 222
Sylvan Lake 51
Wetaskiwin 198
Whitecourt 673